

NAVY DRUG AND ALCOHOL ABUSE PREVENTION (NADAP)



NADAP E-GRAM

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VISIT: [HTTP://NAVWEB.SPAWAR.NAVY.MIL](http://navdweb.spawar.navy.mil)

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Information contained in each NADAP E-GRAM will provide command leadership, ADCOs, DAPAs and UPCs with information which can be integrated into a command's ongoing Prevention Program to reduce alcohol and drug abuse and related incidents.

WAR; POST TRAUMATIC STRESS DISORDER AND SUBSTANCE ABUSE

In today's world environment levels of stress can rise, increasing the potential for Post Traumatic Stress Disorder (PTSD).

Individuals must be able to identify their stressors and have effective measures to deal and cope with them. When individuals deny or ignore stressors, problems can arise, generally negative consequences.

Unfortunately, many will turn to **alcohol and/or drug use** in order to deal with stress and negative feelings associated with PTSD symptoms, which actually leads to more problems. Know the symptoms of PTSD. Awareness is the key. Symptoms can include:

- Trouble falling or staying asleep
- Feeling agitated and constantly on the lookout for danger
- Getting very startled by loud noises or something or someone coming up on you from behind when you don't expect it
- Feeling shaky and sweaty
- Having your heart pound or having trouble breathing

Examples of situations that may be associated with PTSD include:

- A Service member who recently returned from combat operations hears a volley of firecrackers go off or a car back fire. He/she shakes uncontrollably, their heart starts pounding rapidly, and their palms sweat.
- An individual who was mugged and severely beaten on a darkened street is "extremely jumpy" and avoids leaving his quarters, especially at night.

We need to be vigilant in our awareness of PTSD and insure those individuals who are experiencing PTSD receive assistance rather than the opportunity to turn to **drugs or alcohol**. Assistance can be obtained through the local Medical Treatment Facility, Chaplain or the Command Drug and Alcohol Program Advisor (DAPA).

Prevention Is The Earliest Form Of Intervention

For more information on Post Traumatic Stress Disorder
check out the following websites:

www.ncptsd.org

www.ptsdmanual.com

www.apa.org

"Best Practice" of the Month

Dispel Popular Myths

Our Sailors deserve accurate information. We have a responsibility to provide our Sailors accurate information on the legal consequences of drug use. Some of the more common myths Sailors hear are:

- Random testing means only 10 percent of samples sent to Navy Drug Screening Laboratories (NDSL) get tested.
- NDSLs do not test for this or that drug.
- Navy drug lab tests are not very accurate

For more information on "Best Practices" visit log onto the NADAP website at:

HTTP://NAVDWEB.SPAWAR.NAVY.MIL

Click on the "Prevention Works" icon.

Alcohol Factoid

Did you know that in FY-02 26 of the 34 alcohol-related traffic fatalities were not wearing seat belts?

Drug Factoid

Did you know that Methamphetamine contains Lye; Drano; battery acid; paint thinner, and acetone just to name a few ingredients?

For more information on Methamphetamines and the health and legal consequences of using it, log onto the NAVDWEB website to access a great Methamphetamine Awareness Package.

What's Coming Up?

Upcoming NADAP Summits are scheduled as follows:

FY-03

Naples 22-25 Sep 03

FY-04

17 - 20 November	Norfolk, VA
19 - 23 January	Jacksonville/Mayport, FL
23 - 27 February	Pearl Harbor, HI
15 - 19 March	COMNAVRESFOR New Orleans, LA
19 - 23 April	Yokosuka, Japan
10 - 14 May	Millington, TN (ADCs)
07 - 11 June	Sigonella/Naples, Italy
20 - 23 July	Bremerton/Whidbey Island, WA
16 - 20 August	Brunswick, ME/New London, CT
13 - 17 September	San Diego, CA

WHAT IS A BLOGGER?

A Blogger is another name for the NADAP WEBLOG and it serves as another source of information on our programs and is designed to elicit your feedback. For more information visit the WEBLOG by logging onto the NADAP website at:

[HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://NAVDWEB.SPAWAR.NAVY.MIL)

Choose the "NADAP WEBLOG" icon.

Check it often for the latest on the program.

NADAP E-GRAM. If you or others are interested in receiving the NADAP E-GRAM via e-mail let us know by sending us an e-mail to p603a@persnet.navy.mil. Don't forget about the other valuable resources available on the PERS-6 website at:

[HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://NAVDWEB.SPAWAR.NAVY.MIL)

